

MOSQUITO TAKE HOME FACTS

Habitat: *Where do mosquitoes live?*

- Bogs and swamps
- Stagnant (motionless) temporary pools, such as holes in trees where water can collect
- Non-natural containers, such as bird baths, old tires, kiddie pools, flower pots



Activity: *When are mosquitoes most active?*

- Mosquitoes are most active at dawn and dusk (in the early morning and early evening)

Diseases carried by mosquitoes: *Can mosquitoes carry diseases?*

Yes, mosquitoes can carry diseases, including:

- Eastern equine encephalitis (EEE)
- West Nile virus (WNV)

Symptoms of EEE/WNV: *What can happen if a disease-carrying mosquito bites me?*

**Most people infected will have no obvious symptoms*

- Symptoms may appear 3-18 days after infection
- Mild symptoms:
 - Fever
 - Head and body aches
 - Lack of energy
- Severe symptoms:
 - Central nervous system involvement
 - Stiff neck, altered mental status, swelling of the brain, trouble breathing, paralysis, coma, death

Prevention: *How do I protect myself?*

1. Wear long sleeves and long pants
2. Use EPA-approved repellents on skin and clothes (repellents containing DEET, IR3535, picaridin, oil of lemon eucalyptus or permethrin)
3. Take extra precaution at dawn and dusk (in the early morning and early evening)
4. Use screens on doors and windows
5. Drain artificial sources of standing water around your yard (old bird baths, old tires, kiddie pools, flower pots, etc.)

For more information:

- Maine CDC disease reporting and consultation line: 1-800-821-5821
- Maine CDC Vector-Borne Disease Website:
www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/index.shtml
 - Disease.reporting@maine.gov
- Maine Medical Center Research Institute - Vector-Borne Disease Lab: 207-662-7142